QUERY 04-18: Self-management programs for chronic non-cancer pain: A systematic review

Review Protocol

Prepared for the Quebec Pain Research Network

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Review Protocol

Review title and timescale

1	**Review title:**
	Self-management programs for chronic non-cancer pain: A systematic review
2	**Anticipated or actual start date:**
	January, 2019
3	**Anticipated completion date:**
	December, 2019
4	**Stage of review at time of this submission:**

This review has not yet started ☒

Review stage *(Please check all that apply)*	Started	Completed
Preliminary searches	☐	✓
Piloting of the study selection process	☐	☐
Formal screening of search results against eligibility criteria	☐	☐
Data extraction	☐	☐
Risk of bias (quality) assessment	☐	☐
Data analysis	☐	☐

Provide any other relevant information about the stage of the review here: Not applicable

Review team details

5	**Lead investigator**
	Annie LeBlanc
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8	**Lead investigator phone number**
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9	**Organisational affiliation of the review**
	Centre de recherche sur les soins et les services de première ligne de l'Université Laval
10	**Review team members and their organisational affiliations** Give the title, first name and last name of all members of the team working directly on the review. Give the organisational affiliations of each member of the review team.

Title	First name	Last name	Affiliation
Ms	Catherine	Vandal	Centre de recherche sur les soins et les services de première ligne de

			l'Université Laval
Ms	Michèle	Dugas	Centre de recherche sur les soins et les services de première ligne de l'Université Laval
Dr	Valérie	Carnovale	Centre de recherche sur les soins et les services de première ligne de l'Université Laval
Dr	Anne-Marie	Pinard	Initiative en transfert des connaissances du Réseau québécois de recherche sur la douleur
Ms	Pascale	Marier Deschênes	Centre interdisciplinaire de recherche en réadaptation et en intégration sociale
Dr	Marie-Eve	Lamontagne	Centre interdisciplinaire de recherche en réadaptation et en intégration sociale
	TBD		Two students

11   Funding sources/sponsors

Dr Pinard, through the Quebec Pain Research Network, and the SPOR Evidence Alliance will co-fund this study.

12   Conflicts of interest

Authors have no conflicts of interest to declare.

Review methods

13   Review question(s):

What are the characteristics and impact of self-management programs for people with chronic non-cancer pain?

14   Literature Search:

Comprehensive literature searches of electronic bibliographic databases will be conducted by an experienced librarian in PubMed, CINAHL and PsychINFO. The search strategy will be peer-reviewed by another librarian (PRESS checklist).

15   URL to search strategy:

Not applicable.

16   Condition or domain being studied:

Chronic non-cancer pain, as defined as non-cancer pain lasting more than 3 months.

17   Participants/Population:

Adults and adolescents (14+) with chronic non-cancer pain.
If mixed population, at least 60% of participants must be 14 years old or older to be included.

18   Intervention(s)/Exposure(s):

Self-management program targeting chronic non-cancer pain.
For the purpose of this review, the definition of self-management is that of Barlow and colleagues: ''The individual's ability to manage the symptoms, treatment, physical and psychosocial consequences and life style changes inherent in living with a chronic condition. Efficacious self-management encompasses ability to monitor one's condition and to effect the cognitive, behavioural and emotional responses necessary to maintain a satisfactory quality of life. Thus, a dynamic and continuous process of self-regulation is established.'' (Barlow, 2002)

19   Comparator(s)/Control(s):

Any comparator or control or none.

20	**Types of study to be included initially:**

Any type of study design. We will however exclude commentaries and letters to the Editors.

21	**Context:**

Any context will be considered, including clinical and community-based self-management programs.
No language restriction.
Published since database inception.

22	**Primary outcome(s):**

Any relevant patient outcome (i.e., knowledge, attitude, behavior, pain) reported.

23	**Secondary outcome(s):**

Any additional impact related outcome (i.e., cost);
Any characteristic or impact related to implementation or dissemination of the self-management program.

24	**Data extraction (selection and coding):**

Development of a standardized form for study selection and a standardized form for data extraction followed by a training exercise and piloting of the two forms for all reviewers.
Study selection will be conducted by pairs of two reviewers who will screen titles, abstracts and full text articles independently. Discrepancies will be resolved by discussion or by a third reviewer (senior).
Data extraction will be conducted in pairs where one reviewer will extract data and a second one will review the extracted data. Discrepancies will be resolved by discussion.
Data to be extracted will include: characteristics of the articles (i.e., study design, lead author, year, country), population (i.e., age, condition) and intervention (i.e. program characteristics in terms of resources, activities and outputs), and primary and secondary outcomes (as identified in sections 22 and 23 above).
Knowledge users will be involved throughout this process (i.e., development of protocol, development and piloting of the forms, screening and validation of the extracted data).

25	**Risk of bias (quality) assessment:**

Risk of bias will be evaluated by pairs of two reviewers using the GRADE approach. Discrepancies will be resolved by discussion or a third, senior, reviewer.

26	**Strategy for data synthesis:**

Data synthesis will focus on providing information to our knowledge users regarding existing self-management programs for chronic non-cancer pain. Specifically, we will look for key ingredients, resources, activities, and outputs of existing self-management programs and their impact.
Literature will be summarized according to the type of population, intervention, comparators, and outcomes identified. Analysis will be conducted according to the type of data with descriptive methods for quantitative data and content analysis for qualitative data.

27	**Analysis of subgroups or subsets:**

Not applicable.

Review general information

28	**Type of review**

Select one of the following:

Review Type	
Scoping review	☐
Rapid review	☐
Systematic review	✓
Other:_____	☐

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29	**Language**
	Any language
30	**Country**
	Canada
31	**Other registration details**
	We plan registering our protocol on PROSPERO in January, 2019.
32	**Reference and/or URL for published protocol**
	TBD
33	**Dissemination plans:**

A meeting will be held to present review results to our knowledge users (before writing the final report) to get their feedback on the results and discuss the potential implications of these results. Following this, a one-page, standardized, policy brief will be shared with knowledge users, partners of the SPOR Evidence Alliance, and broadly (through the SPOR Evidence Alliance Website). We will hold a meeting with stakeholders (patients, clinicians, decision-makers) from the Quebec Pain Research Network. Review results will also be made available for the public on the upcoming web platform of the Knowledge Transfer Initiative of the Quebec Pain Research Network. Results will also be presented to the 18th World Congress on Pain and the Canadian Pain Society 41st Annual Scientific Meeting. Finally, a manuscript will be submitted to a scientific, peer-reviewed journal for publication.

Do you intend to publish the review on completion?
Yes ✓
No ☐

34	**Keywords**
	Chronic pain, self-management program
35	**Details of any existing review of the same topic by the same authors**.
	An environmental scan is ongoing and will target grey literature on this subject.
36	**Current review status**
	Beginning in January, 2019.
37	**Any additional information:**
	Not applicable.
38	**Details of final report/publication(s):**
	TBD.